

ABSTRACT

A device and method for motivating a person to start and maintain an exercise routine. A handheld electronic device is provided that includes a display. The electronic device randomly selects times that exercise should be performed. At those times, a person is prompted to select a type of exercise that is appropriate for the location and circumstances that person finds him/herself. After selecting the appropriate type of exercises, the selected exercises are portrayed on the display of the device. The device also sets a time frame in which the various exercises are to be completed and motivates a person to perform the exercises within that time frame. At the end of the time period, the device prompts the user as to whether or not the various exercises were performed in the given time period. A fitness report is then displayed showing improved or declining fitness.